

Review on online and mobile weight loss management system for overcoming obesity

Abstract :

This paper reviews previous research that used ICT intervention for weight loss management to overcome obesity. The aim of this review is to identify ways that ICT contribute towards effective weight loss management and the opportunities that ICT can provide towards successful weight loss. This paper not only includes review of journal papers but also review of various available online weight loss management systems. Main finding from this review is, ICT's usage for weight loss management can be classified into: Diet Plan and Guideline, Online Community and Mobile Applications. In addition to this, ICT namely the Internet and mobile applications offer vast opportunities towards effective weight loss through self-monitoring which is a key success factor for weight loss.